

STRENGTH EXERCISES



1. Calf Raises

Feet underneath hips. Feet pointed forward. Push the ground away with the balls of the feet. Heels off the floor. Lower back down controlled.



2. Glute Bridge Hold

Start in supine position. Bend the knees. Feet shoulder width apart. Heels close to the glutes. Tight core. Extend the hips. Squeeze the glutes.



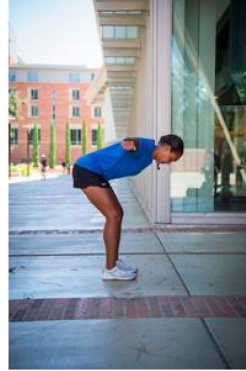
3. Sit to Stand - Squats

Lower legs perpendicular to the ground, sitting on the front of your chair, drive your heels into the ground and fully extend hips at top.



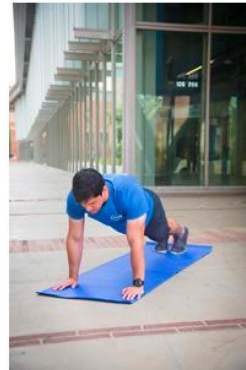
4. Bent Over Reverse Fly

Hinging fully at the waist, spread the arms laterally and parallel to the ground.



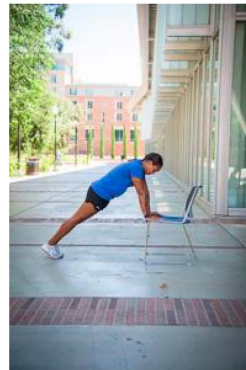
5. Plank

Start in the all fours position, place your hands under your shoulders, knees under your hips, push your shoulder blades apart, pull your belly button in, tuck your pelvis, step both feet back, and hold.



6. Push-Ups (Elevated)

Place your hands on the surface about shoulder distance apart, align your chest over the surface, make a straight line from your head to your toes, lower your hips and chest until your chest touches the ledge, then push pack up to you start position.



7. Cossack Squat- Modifications

Start standing with your feet wider than shoulder distance, with toes turned out to your comfort. Push your hips back and to the right as you laterally lunge in that direction. Keep your left leg straight and keep your arms and hands in front of you or in a comfortable position. Return to center and then switch everything to repeat on the left side. Level 1: Keep feet on floor and laterally lunge halfway down. Level 2: Laterally lunge all the way down to the ground and allow the toes of your straight leg to come off the floor.



8. Arm Swings Series

Keeping rib cage motionless, move through the shoulders and open/close the arms side to side, up and down, and diagonally.

